
RESPOND! *Oratio*

After having listened to God speak to your heart...

- Talk to Him freely!
- Pour out your heart to Jesus!
- Tell Him how the passage affects you!
- Acknowledge your sins and repent!
- Choose to act! Make a resolution and tell Him what you will do!

Focus on God and what He has revealed to you. Elevate your mind and heart to God as much as you can! Make every effort to turn your conversation into praise, adoration, thanksgiving and expressions of love. God delights in this very much!

If you can offer God nothing else but acknowledging your mistakes or your inability to pray, and you are unable to raise your thoughts and feelings to God, then tell Him, offer Him your poverty, and God will accept your offering with delight.

EXALT HIM!

After having freely conversed with Jesus, pour out your heart to Him!

- Praise Him!
- Adore Him!
- Thank Him!
- Make acts of love and devotion to Him!

Elevate your thoughts and affections to Him as much as you can in **praise** and **adoration**, **thanksgiving**, and **love**.

*The focus of lectio divina is
a prayerful dialogue with God,
where He initiates the conversation
with us through His Word,
and culminates in these
four interior attitudes towards God.*

Lectio divina

Praying with Scripture



Introduction

Lectio divina (Latin for “divine reading”) is an ancient form of contemplative prayer, in which we encounter God through Scripture. It is a prayerful dialogue with God: He initiates the conversation through His word; we listen to Him and respond. The following is a method you can use in order to learn how to pray with Scripture. It is an excellent way to pray in solitude, or before the Blessed Sacrament.

INVOKE THE HOLY SPIRIT

Invoke the Holy Spirit:

“Jesus, fill me with Your Holy Spirit and have Your way in me. Help me to hear you, to receive Your Word and to respond to you generously.”

“Come Holy Spirit, fill my heart and enkindle in me the fire of your love.”

Take a moment to receive the Holy Spirit. Welcome Him. Take the time necessary in order to become *interiorly silent*.

Be still and focus on Jesus. Put out of your mind any thoughts. When thoughts come, try saying in your head “*Come, Lord Jesus.*” When you say “*Come, Lord Jesus,*” say it with love, know that He loves you, and receive His Love into your heart. Each time we say “*Come, Lord Jesus,*” let your heart receive. This is to learn and practice *interior silence*, being attentive to God.

Ask Mary to teach you how to pray, and for the openness to receive what God might speak to you. Take time to notice what are your thoughts, feelings and concerns.

READ A SCRIPTURE PASSAGE *Lectio*

Read it slowly, silently or preferably aloud, paying attention to how the Word affects you. Read the passage as if you were reading it for the first time. Read it again if necessary. Resist reading too much: it is better to read less, but having taken it in fully, than to try to read more, and it penetrating us less. If something strikes you as you read, or if your heart is moved before you finish reading the passage, stop reading, and start listening. God is now speaking to you!

→ **Move on to LISTEN!**

If your heart begins to *rest wordlessly in the Presence of God*, with no particular thoughts or images, do so. Take time to delight in God. Do not worry about reading or talking to God. He has brought you into a moment of deeper union with Him – remain in it as long as it lasts.

→ **Move on to RESPOND!**

LISTEN!

How does God speak to us through the Scriptures? He speaks to our hearts!

God may speak to you in many ways:

- He might show you or tell you something about your thoughts, needs or sins
- Tell you something about how to live better or how to become more holy
- Tell you or show you something about Himself or His Heart
- Inspire you
- Give you a certain intuition
- Give you a clear message
- Give you a sense of joy or a sense of His Peace
- Give you a sense of His love

Listen to how your heart is moved. God’s Word may move you:

- To repentance
- To adoration, or a deep wonder of God
- To praise or thanksgiving to God
- To acts of love and devotion, in response to something He revealed to you about Himself

Ask yourself: “**How does the Word of God feel or taste?**”

- Is it sharp, or gentle?
- Sweet, or bitter?
- Does it pierce you? Why?

Let the Word of God penetrate your heart. Let it affect you. Take the risk!

→ **Move on to MEDITATE ON THE WORD**

If your heart begins to *rest wordlessly in the Presence of God*, with no particular thoughts or images, do so. Take time to delight in God.

→ **Move on to RESPOND!**

MEDITATE ON THE WORD *Meditatio*

Ponder the meaning of the Scripture passage. God speaks to us through the direct meaning of the Scripture passage. Ask yourself: “**What is this Scripture passage saying?**”

- Reflect on it!
- “Chew on it” as best you can!
- Read related Scripture passages!
- Use a Bible commentary!

Keep in mind the *literary form* (poetry, parable, historical account, proverb, legal code) of the passage. Then ask yourself: “**What is this Scripture passage saying to me, personally?**”